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SEE, HE DOES KNOW HOW TO SIT

Ripple, a 1-1/2-year-old Mastiff cross, is Edmonton's latest YouTube star after a weather report he was featured in went horribly wrong in all the right ways. See story, page 6.

LEAH HOLOIDAY/METRO



Stabbing victim 'wasn't one to fight': Friend

Coliseum Transit Centre. Councillor calls on city to consider safety of station



LEAH HOLOIDAY
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The 18-year-old Edmonton man stabbed at a downtown bus stop is just a "kid trying to live his life and grow up," said his close friends.

On Monday, friends identified Jordan Lavallee as the young man stabbed Oct. 17 at the Coliseum Bus Transit Centre near 118 Avenue and 78 Street shortly after 6 a.m.

Lavallee is currently in critical condition after the attack and is being held in a medically induced coma, said friend Kodie Campbell.

"It was pretty bad," said Campbell. "He has opened his eyes. It looks to be like he knows what's going on."

On Sunday, police identified two male suspects and one female suspect who they believe are connected to the attack, but have not released their names as two of the individuals are minors.

Campbell said family and friends of Lavallee are struggling with the attack.

"I can't believe this happened to him," he said. "He (is) a really great kid; he wasn't one to fight. He's one to talk it out more than fight."

Campbell said the attack started with eye contact between Lavallee and two other people while riding the bus.

As Lavallee exited the bus near the Coliseum, Campbell said he was hit.

"It was one stab wound — it

was really bad to the (back of the) head," he said.

Following the Friday attack, Coun. Tony Caterina called on the city Monday to consider redesigning both Commonwealth and Stadium stations to make them safer and easier to police.

"Both stations have extreme challenges in the way they're designed," he said.

Caterina said a pilot project teaming Edmonton police officers with transit police has been very successful this summer and he hopes it will continue. He said the transit system has to feel safe to be successful.

"There have been over 100 arrests, 300 warrants found, so things are going extremely well from that point," he said.

"If people don't feel safe on the system, chances are they're not going to ride it."

8 SECONDS IS ALL HE NEEDS



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Decentralization

Administration rejects changes to councillors' office budgets

One councillor's bid for more transparency in councillor office budgets came to an end Monday, after city administration determined it would be difficult to break down.

Coun. Michael Oshry had asked administration to look at decentralizing the individual office budgets for all 12 councillors.

"There's a variety of ways that you can operate your office and I thought, 'We're all grown-ups here, we're all smart people, so we can manage our own budgets,'" said Oshry, explaining why he wanted to make the change.

Administration studied the issue and found that decentralizing the budget could be costly and time-consuming and would save only a small amount of money.

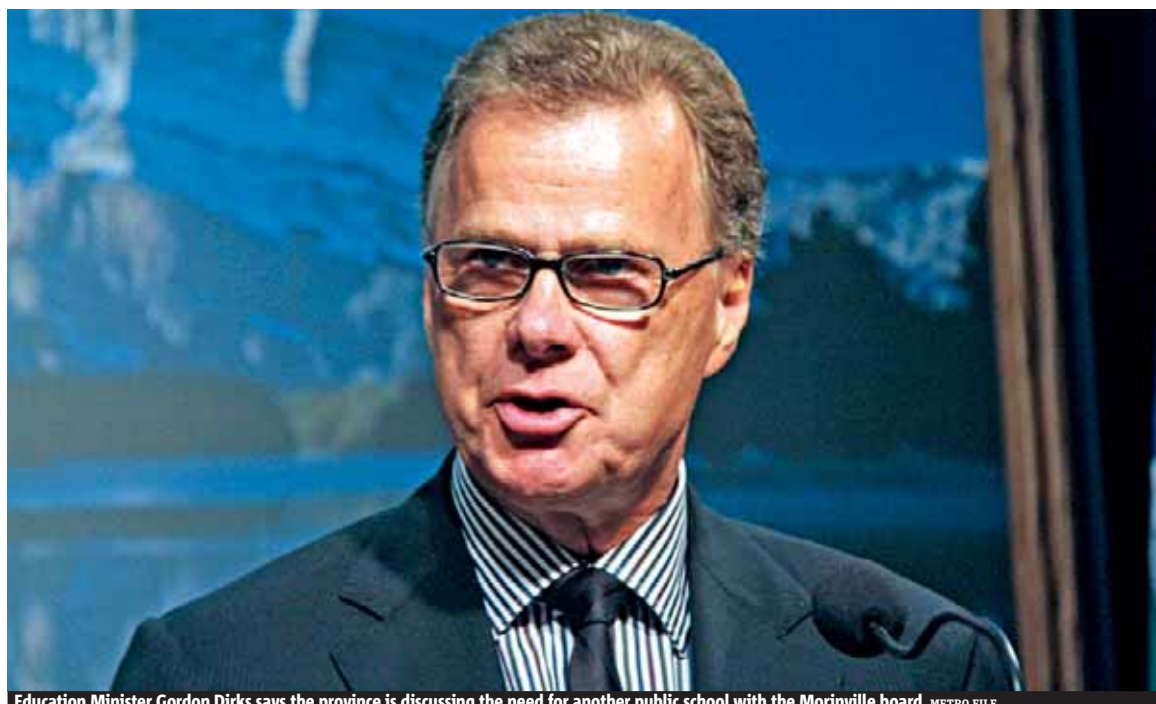
Oshry said that's disappointing, but he's not going to make the issue a hill to die on.

He said he had hoped if the council budget was decentralized to each councillor, people would be more accountable with the money they spend.

He said councillors can rein in costs and he thinks changing the way budgets are reported would have helped with that.

Coun. Ben Henderson said a lot of the work councillors do isn't directly related to their wards, which makes it difficult to break the budget down.

"We're using our ward budgets to do bigger city work at times and different people have different pressures." **RYAN TUMILTY/METRO**



Education Minister Gordon Dirks says the province is discussing the need for another public school with the Morinville board. METRO FILE

Morinville desperate for 2nd public school: Parents

Education. Residents baffled by province's announcement of a fourth Catholic school in the community



LEAH HOLOIDAY
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Morinville parents say they are "flabbergasted" with the province's plan to build a fourth Catholic school for the community, while the only public school is stretched to its limit.

Earlier this month, the

Details

- The community currently has three Catholic schools.
- Public school students from Morinville bus approximately 45 minutes to Sturgeon Composite High School.

province announced 55 new schools for Alberta students, including a new K-6 Catholic school in Morinville, a town 35 kilometres north of Edmonton.

But Marjorie Kirsop, a local mother of three, said the town is

desperate for a public school, as the current K-7 is over capacity.

"The concern that we're having is that we don't have a public junior high in our town and given the population, being over 9,400, we feel we deserve to have a public school," Kirsop told Metro on Monday.

Morinville Public Elementary opened after the province designated a public school district to the community, said Sturgeon School District Supt. Michele Dick.

The district was given a former Catholic school and has seen a steady growth every year since it first opened.

"Four years ago we had 80 students, and now four years

later we have 547 students," she said. "We're getting pretty darned full."

Education Minister Gordon Dirks said Alberta Education has been in talks with the Morinville public board about the need for a new school.

"We're going to be working with the school board and with the community to do what's called a scoping exercise to determine exactly what the needs of a new school would be out there, what the enrolment pressures are and whether there's possibility for synergy with the town because they have some capital infrastructure requirements as well," he said.

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In Whitemud, candidates claim they're the change voters want

Byelection. Current health minister faces strong opponents attempting to win legislature seat



RYAN TUMILTY
ryan.tumilty@metronews.ca

Alberta Party candidate William Munsey starts with the same question at every door in Edmonton-Whitemud and gets virtually the same exasperated sigh every time.

"How are you feeling about Alberta politics these days?" Munsey asks, before the constituents at the door shake their heads.

While Munsey and the other opposition candidates make a pitch that they're the change people are looking for, Health Minister Stephen Mandel is arguing he and Jim Prentice have already brought the change.



The Edmonton Whitemud byelection is one of four scheduled for Oct. 27 across Alberta, with current Education Minister Gordon Dirks and Premier Jim Prentice also looking for seats in the legislature. RYAN TUMILTY/METRO

Mandel said Prentice is the only reason he returned to public life.

"With anybody else, I wouldn't have bothered. He's an incredibly bright man with a vision of where

we need to go and his priorities are my priorities," he said.

Mandel's door-knocking session becomes a small community forum, when he encounters a group of par-

ents watching their children play and more neighbours slowly trickle out.

The former mayor said he gets plenty of questions on the arena and on school sites, but also thanks for the

recreation centres and libraries.

"You can't be mayor for nine years and do as much as we did and not have questions at the end," he said.

NDP candidate Bob Turner argues Mandel's local record is a burden weighing him down.

"It's anybody but Mandel. Mandel is disliked in this riding," he said.

Turner said he's running because he wants to improve health care and that's what he's hearing from voters as well.

"It's been a long concern of mine that the various Conservative governments haven't paid enough attention to health," he said.

Wildrose candidate Tim Grover said the voters he talks with are frustrated, bordering on angry.

"There is a lot of Mandel anger," he said. "People are saying a shake-up needs to happen, because it can't be worse."

He said Alberta is wasting

money and isn't even getting quality services in return.

"If we can't balance the budget, we better at least provide fantastic health care and great education," he said.

Liberal candidate Donna Wilson said in part it was her own frustration that pushed her into the race.

"I'm at the point where you just get fed up. You feel like you better run; there's a hill to die on," she said.

She said the byelection is about more than just the four ridings at play.

"It's a referendum on the Tories and their track record," Wilson said.

Back at the doors, Munsey said he honestly hopes Prentice is able to accomplish everything he has promised, but he thinks the province has been down this road before.

"I saw the result of those same promises with Ed Stelmach and those same promises with Alison Redford," he said.

Advanced voting

Advanced polls in the election are open Thursday through Saturday, with election day set for Oct. 27.



Tim Grover, Wildrose
Small Business owner



Bob Turner, NDP
Doctor at the Cross Cancer institute



Donna Wilson, Liberal
Nursing professor, former head of the faculty union at University of Alberta



Stephen Mandel, Progressive Conservative
Health minister, former mayor



William Munsey, Alberta Party president
Locomotive engineer



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Conference board report predicting steady growth for city's economy

Edmonton's economy should continue to remain red hot this year, according to a new report from the Conference Board of Canada.

The board is predicting the city's economy will grow by 4.9 per cent this year and by more than three per cent in 2015. The board said even though growth

might slow a little in the Prairies, it will still be steady.

"While economic growth in Edmonton, Saskatoon, Calgary and Regina will cool from the red-hot pace seen in recent years, growth will remain brisk by national standards," said Alan Arcand, associate director of the Centre for

Municipal Studies.

Mayor Don Iveson said reports like these continue to foster a positive image of the city.

"I think perceptions are changing about what's happening here in Edmonton, not just economic development, but what a neat place it is to be these days," he said.

While the city is doing well, Iveson said he wants to work on how to make sure small firms have the support they need.

"It's something we're taking a look at, is how we help those mid-sized companies be successful and grow into global giants," he said.

RYAN TUMILTY/METRO

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Ripple, a 1-1/2-year-old Mastiff cross, happily gnaws on a bone Monday at the Edmonton Humane Society. LEAH HOLOIDAY/METRO

Edmonton's canine web star looking for good home

Ripple effect. Playful puppy causes sensation across Internet, bringing much-needed attention to local humane society



LEAH HOLOIDAY
leah.germain@metronews.ca

Edmonton's latest Internet sensation is just looking for a comfy bed and family to call his own.

Ripple, a 1-1/2-year-old Mastiff cross, gained superstar status after a weather report he was featured in went awry.

In just three short days, the video of Ripple playfully tugging on his leash as local weatherman Mike Sobel tried to deliver his weekend report has gained more than two million views and has been featured on the Ellen Show, CNN and Good Morning Edition.

Edmonton Humane Society spokesperson Warren Dean said Ripple is just one of many dogs the organization has featured with Sobel for his weather report.

"Mike's had a couple adventures with dogs before," Dean said with a laugh.

Describing Ripple as a high-energy pup, Dean added the attention he's brought to the Edmonton animal shelter is priceless.

"Any time we can have attention be brought to the Edmonton Humane Society and all the work that we do with our employees, volunteers and with our animals is a great thing," he said.

After being brought to the society as an owner-surrender, Ripple is currently waiting to be adopted, patiently passing his time gnawing on a bone or two.

"He's a big dog. He's probably pound-for-pound one of the strongest dogs I've ever met," Dean said. "He's still a puppy, but he's going to be a very good dog once a family or person puts in the correct amount of time with him."

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Check out Ripple's now-infamous video online at metronews.ca.





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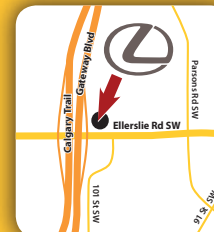


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Varscona Theatre's next act clears zoning changes

Renovated space.
Decades-old building getting major facelift



RYAN TUMILTY
ryan.tumilty@metronews.ca

The curtain slid a little closer to open Monday, after city councillors approved zoning changes to make way for the Varscona Theatre's expansion.

The Old Strathcona theatre needs zoning changes, because its new building will come right up to the sidewalk along 83 Avenue, and other features of the design will change.

Coun. Ben Henderson said the city is excited about the renovation and at the public hearing residents were happy to see it moving forward.

"The Varscona is a hugely important part of that neighbourhood and I think people were happy to see it grow," he said.

Henderson said the city has been waiting a long time to see the theatre expand and he's thrilled to see it move ahead.

"It's been a long time coming. I think we got our money approved for that project my first year here," he said.

Originally a firehouse, the building is starting to show its age. The renovations will include significant repairs while also expanding the lobby and



The Varscona Theatre's soon to be expanded new structure will come right up to the sidewalk along 83 Avenue. METRO FILE

making a little more space for the theatre.

"It will be 200 seats (capacity) and right now we're at 176," said Davina Stewart, a spokeswoman for the theatre.

The theatre will be moving soon into a temporary space in the Transalta Barns, but Stewart said they're still arranging permits for the new space and

dealing with other details.

"We had thought we would be moving out now, but we still can't give a definite date," she said.

The theatre has \$5.9 million pledged between the provincial, federal and municipal governments to the \$7.1 million project and is raising the rest of the cash through donors.

Never a dull moment

The Varscona Theatre is home to several local theatre companies and also serves as a venue for the fringe festival. The building hosts about 350 performances every year.

- The theatre is hoping to start construction in early 2015.

For more local news, go to metronews.ca



Up in smoke. Chances of banning menthol may be hazy

Health advocates fear part of Alberta's flavoured tobacco legislation that would ban menthol may not pan out.

Cathy Gladwin asked Health Minister Stephen Mandel and Premier Jim Prentice about the law last week when they knocked on her door while they were campaigning in Edmonton, where Mandel hopes to win a seat in a byelection.

Gladwin, who is on the board of the Alberta Public Health Association, said she asked that menthol not be exempted from the legislation, which was passed last fall, but has yet to be put into effect.

She said Mandel told her that banning menthol is a difficult challenge. He would not give her any assurances, she said.

"It sounds like it is a no-go on menthol," she said in an interview. "That was definitely my impression, that they were going to let menthol be exempt."

Bill 206 calls for banning flavoured tobacco products, but doesn't specifically mention menthol or any other flavour. The legislation is aimed at restricting the sale of tobacco products that are designed to attract young people. But the law gives the government the authority to apply the ban to everyone.

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Lawyer withdraws

Sentencing hearing for mother who abused twins girls postponed

A sentencing hearing has been postponed for an Edmonton mother who starved and abused her twin daughters before one of them died in hospital.

The woman, who can't be named, pleaded guilty earlier this year to manslaughter, aggravated assault and failing to provide the necessities of life.

The woman's lawyer says he has an ethical conflict with the case and had to withdraw.

The mother is to be back in court later this week with another lawyer to set a new hearing date.

THE CANADIAN PRESS

Murder trial

PM Harper's chief of staff testifies at Magnotta trial

Prime Minister Stephen Harper's deputy chief of staff testified at Luka Rocco Magnotta's first-degree murder trial on Monday about the day her office received a parcel containing what turned out to be the foot of victim Jun Lin.

Jenni Byrne was the Conservatives' director of political operations when a partially opened package arrived at party headquarters in Ottawa on May 29, 2012.

Byrne says upon beginning to open the package she sensed something wasn't right and requested that her assistant call 911.

THE CANADIAN PRESS

Sentenced

Man gets nine years for beating grandmother

A man who was 17 when he beat and sexually assaulted an Edmonton woman so badly she has permanent brain damage has been sentenced as an adult to nine years in prison.

Court heard the 62-year-old grandmother lay on a frozen sidewalk in the middle of winter for two hours before she was found.

She was hypothermic and naked from the waist down.

The man — whose identity cannot be revealed under a publication ban — is receiving some credit for time served.

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Nigeria. 200 abducted schoolgirls may soon be released: Government

There is cautious optimism in Nigeria Monday over local reports that the more than 200 abducted Nigerian schoolgirls may soon be released soon as part of a ceasefire agreement with the country's Islamic rebels, Boko Haram.

However, Nigeria's federal government has not yet provided details on the terms of the truce that was announced on Friday by the military.

President Goodluck Jona-

Killing of girlfriend

Pistorius to hear his fate Tuesday

Oscar Pistorius will finally learn his fate Tuesday when a judge is expected to announce the Olympic runner's sentence for killing girlfriend Reeva Steenkamp. He could be sentenced to years in prison, or to no jail time at all. **THE ASSOCIATED PRESS**

Talks to continue

The schoolgirls are “alive and well” and talks to free them will continue this week in Chad, said Omeri.

than's government is "inching closer to the release of the Chibok girls," government spokesman Mike Omeri said.

THE ASSOCIATED PRESS

Indiana

Killings over 20 yrs. investigated

Police investigating the slayings of seven women whose bodies were found over the weekend in Indiana say the suspect has told them that he may have killed people going back 20 years. The suspect is identified as Darren Vann. **THE ASSOCIATED PRESS**

Nigeria now Ebola-free; 'spectacular success story'



Dr. Fadipe was infected with Ebola and survived. He stands in front of the amount of Oral Rehydration Solution he took. WHO/THE ASSOCIATED PRESS

Had 20 cases. Most populous African country defies the odds receiving WHO praise; 9,000 people altogether have been infected in West Africa

Water laced with salt and sugar, and gallons of the nasty-tasting stuff.

Doctors who survived Ebola in Nigeria credited heavy doses of fluids with saving their lives as the World Health Organization declared the country Ebola-free Monday, a rare victory in the battle against the disease that is ravaging West Africa.

In the end, Nigeria — the most populous country in Africa, with 160 million people — had just 20 cases, including eight deaths, a lower

death rate than the 70 per cent seen elsewhere across the stricken region.

Officials are crediting strong tracking and isolation of people exposed to the virus, and aggressive rehydration of infected patients to counter the effects of vomiting, diarrhea and other symptoms.

Nigeria's containment of Ebola is a "spectacular success story," said Rui Gama Vaz, WHO director for Nigeria.

Survivor Dr. Adaora Ig-
onoh said the treatment is
not easy. It entails drinking,
as she did, at least five litres
of the solution every day for
five or six days when you
have mouth sores and a sore
throat and feel depressed.

"You don't want to drink anything. You're too weak, and with the sore throat it's difficult to swallow, but you know when you have just vomited, you need it," she said. **THE ASSOCIATED PRESS**

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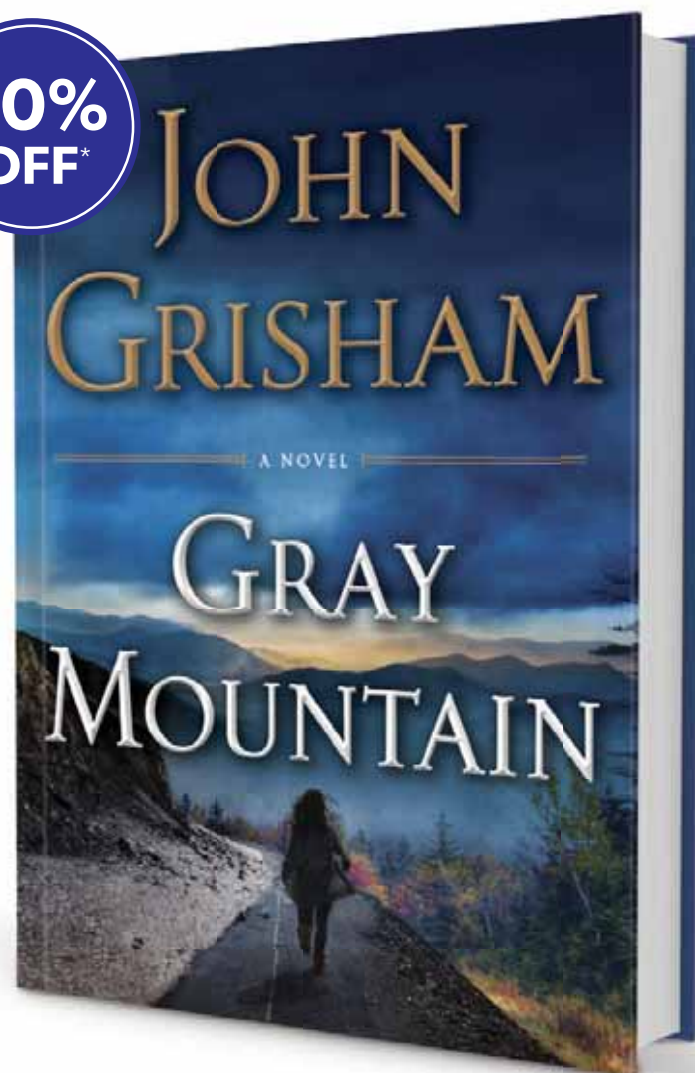
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Victoria mom Raina Delisle was appalled to find a "sexy" firefighter costume for girls as young as 4 while shopping at her local Value Village.

COURTESY RAINA DELISLE

Value Village pulls 'sexy' Halloween costumes

'It's sick.' Popular thrift store decides to remove some of its children's costumes after criticisms from a mother in Victoria



THANDI FLETCHER
Metro in Vancouver

Value Village will be pulling some children's Halloween costumes from store shelves after a B.C. mom complained the outfits were too sexy for kids.

The U.S.-based thrift store giant announced the move Monday after Victoria mom Raina Delisle wrote an online column, which sparked outrage on social media, about a recent experience at her local Value Village shopping for a firefighter costume for her four-year-old daughter.

"The girls' costume was skin tight, shiny black fabric and was paired with a fascinator instead of a helmet," Delisle told Metro. "It didn't even look like the real thing."

In contrast, Delisle said the boys' firefighter costume was more realistic, with a bright red jacket, yellow reflectors and a firefighter helmet.

Delisle said she was shocked by the stark difference

between the two costumes, as well as many other costumes in the store that were highly sexualized and marketed to girls as young as 4.

"It's telling young girls that their bodies are more important than their brains, and that they need to be sexy to be successful," she said. "Boys and men could start to see them as objects and it feeds into the whole idea of objectifying women."

Delisle believes parents have a role to play in choosing costumes for their children, Delisle said she believes the store also has a corporate responsibility.

"It's sick," she said. "These are not just costumes. This is a problem with society."

On Monday, Value Village spokeswoman Sara Gaugl said the company selects its Halloween inventory based on feedback and demand from shoppers, but that it would be removing the costumes in question from its stores.

"We've taken the recent comments surrounding certain Halloween costumes sold in our stores very seriously, and as such, are removing this merchandise from our sales floors," Gaugl wrote in an email. "We apologize to those who were offended and as we move forward, we will evaluate all costumes and packaging keeping this specific customer feedback in mind."

Fashion icon. De la Renta dead at 82

Oscar de la Renta, the worldly gentleman designer who shaped the wardrobe of socialites and Hollywood stars for more than four decades, has died. He was 82.

The late '60s and early '70s were a defining moment in U.S. fashion as New York-based designers finally carved a look of their own that was taken seriously by Europeans. De la Renta and his peers, including

the late Bill Blass and Roy Halston, defined American style.

De la Renta's specialty was eveningwear, though he was also known for chic daytime suits favoured by the women who would gather at the Four Seasons or Le Cirque at lunchtime. His signature looks were voluminous skirts, exquisite embroideries and rich colours.

As a designer, de la Renta always catered to his socialite

friends and neighbours — as the designer and his wife, Annette, were fixtures on the black-tie charity circuit.

He was an avid patron of the arts, serving as a board member of The Metropolitan Opera and Carnegie Hall, among others, and he devoted considerable time to children's charities, including New Yorkers for Children.

THE ASSOCIATED PRESS

Hit-and-run

Driver who hit two Forces members known to feds

A 25-year-old man who died from police gunfire after striking two Canadian Forces members with his car is known to federal authorities. The Prime Minister's Office said he had "become radicalized."

THE CANADIAN PRESS



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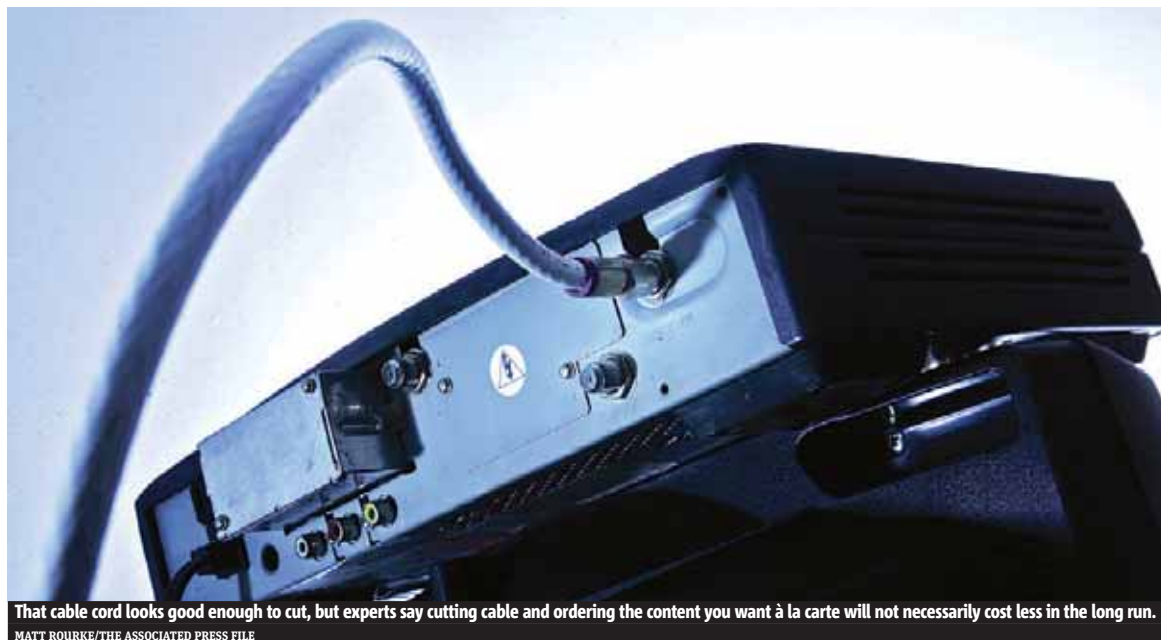
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Dow Jones: 16,399.67 (+19.26)

Dark clouds on horizon

Canada keeps AAA credit rating ... for now

Canada is maintaining its triple-A credit rating thanks to a steady economic outlook, but the country also faces potential risks amid mounting household debt and climbing house prices, the U.S. credit rating agency Moody's Investor Service said in a report Monday. **THE CANADIAN PRESS**



That cable cord looks good enough to cut, but experts say cutting cable and ordering the content you want à la carte will not necessarily cost less in the long run.
MATT ROURKE/THE ASSOCIATED PRESS FILE

Ongoing beef. WTO rules U.S. meat-labelling laws have hurt Canada, Mexico

Canada has won a battle in an ongoing trade dispute with the United States, over meat-labelling laws that have hurt the beef and pork industries.

The World Trade Organization released a ruling Monday that said U.S. country-of-origin labelling (COOL) rules discriminate against exports from Canada and Mexico.

The rules, which went into effect in 2008 and were updated last year, are blamed by the Canadian meat industry for reducing exports to the U.S. by half.

The WTO compliance panel said COOL breaks trade rules because it treats Canadian and Mexican livestock less favourably than U.S. livestock.

The panel said changes the U.S. made to the rules last year made the policy even more detrimental to livestock exporters.

Origin story

2008

U.S. country-of-origin labelling (COOL) rules went into effect in 2008 and were updated last year.

"The compliance panel concluded that the amended COOL measure increases the original COOL measure's detrimental impact on the competitive opportunities of imported livestock in the U.S. market," the panel said. "It necessitates increased segregation of meat and livestock in the U.S. market, entails a higher record-keeping burden and increases the original COOL measure's incentive to choose domestic over imported livestock."

The federal government hailed the ruling Monday and called on the United States to comply with the WTO decision.

"Today's WTO compliance panel's report reaffirms Canada's long-standing view that the revised U.S. COOL measure is blatantly protectionist and fails to comply with the WTO's original ruling against it," Agriculture Minister Gerry Ritz said in a statement.

THE CANADIAN PRESS

Cord-cutters will still pay the piper

To cut or not to cut?

That is the question many customers are asking these days, but experts warn going à la carte may not be cheaper

Changing the channel

"The cable business is evolving from mainly selling you a pay TV package to mainly selling you a broadband Internet service."

FBR Research analyst Barton Crockett explains U.S. content and cable companies are going from being worried about content being available on the Internet to being excited about it, as it's a way to get customers to buy their Internet and pay for faster speeds.

Cord-cutters rejoiced last week after HBO and CBS announced plans to sell stand-alone streaming services in the U.S., a move that cable and satellite television providers have resisted for years. Customers tired of paying big fees for hundreds of channels they never watch just to have access to a few favourite shows might be expected to start cancelling cable service in droves. Get Netflix, throw in HBO, add a network here and there — why would anyone sign up

now for cable?

Well, don't sound the death knell for cable companies yet.

Some would-be customers may balk when they see just how much it actually costs to pay à la carte. Stations that offer services à la carte will have to pay for marketing that the cable and satellite companies usually cover. Fewer eyeballs on live TV could mean less advertising revenue, since online ads are generally cheaper, and that will boost the network's cost

of running the channel.

And smooth streaming costs money: To avoid so-called "throttling" during peak evening viewing times, Netflix buckled to broadband distributors like Comcast and Verizon and paid up so that its streaming service would run at a higher bandwidth and work more smoothly. Those added costs might be passed on to customers.

And for all those cable haters out there, sorry: Cutting the cord won't mean cutting out your cable pro-

vider. They often own some of your favourite channels (Comcast owns NBC Universal, parent of Bravo and USA) and in most areas they are the gatekeepers to the Internet. Offering popular channels like HBO over streaming could actually help cable companies sell more expensive broadband services to customers.

"The cable business is evolving from mainly selling you a pay TV package to mainly selling you a broadband Internet service," says FBR Research analyst Barton Crockett. "Content companies and cable companies are evolving from being very worried about making their content available through Internet services to very excited about that. It's a way to sell their Internet and get people to pay for faster speeds." **THE ASSOCIATED PRESS**

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STOP BITCHING ABOUT SKINNY BITCHES

In case you've missed it, the booty seems to be having a bit of a cultural moment.

In her insufferably catchy song All About That Bass, singer Meghan Trainor croons about how she's got all the right junk in all the right places. Similarly, rapper Nicki Minaj's Anaconda and Jennifer Lopez's Booty are odes to women with large behinds (and the graphic and ridiculous videos are a whole other story).

The amount of radio airtime dedicated to these tracks is enough to make anyone's ears bleed, but there are also some deeper issues here. First of all, the lyrics focus on looking a certain way in order to earn the attentions of the opposite sex. This is nothing new, of course, but the fact that both Trainor and Minaj use the phrase "skinny bitches" to berate women with small physiques is not something heard very often on Top 40 play-



SHE SAYS
Jessica Napier
metronews.ca

lists — until recently.

At first listen, these pop anthems might seem empowering, but the lyrics are written in such a way that celebrates those with certain physical characteristics while excluding and name-calling those who are different. And while it's probably going to take a lot more than a couple of pop songs to overhaul North America's reigning beauty esthetic, we shouldn't be championing a particular physique at the expense of another.

And yet there's an increasing amount of disdain in our modern-day beauty rhetoric for those who are skinny. Former model Katie Willcox founded her body-positive website Healthy is the New Skinny, in response to her own issues with the modelling industry and the pressure she felt to lose or gain weight in order to look a certain way. Willcox was told her natural Size 8 frame was too

large for regular modelling but too small for the plus-sized world.

"Healthy is the New Skinny is a movement to support women all over the world to love themselves and each other," explains the site's manifesto. And while there are good intentions behind that mission statement and the philosophy certainly resonates with others (the site has almost 120,000 fans on Facebook), the brand name is a bit of a concern. I have to wonder... if the message here is about acceptance and self love, then why employ this "new skinny" cliché that undermines women with that body-type? Being healthy and skinny are not mutually exclusive concepts, and yet the name suggests just that.

Women don't need a "new skinny"; what we do need is to stop endorsing one body type over another and focus on our own individual happiness and physical well-being. Body types shouldn't be fetishized and health should be the ultimate goal, whether you're petite or plus-sized, muscular or minuscule.

Metro Bitstrips caption contest



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Sweets: Probably cooler than your dog

REBECCA WILLIAMS
rebecca.williams@metronews.ca

It may be the goggles, or maybe the fact that this bulldog is named Sweets. Actually, it's just everything. Can your dog play dead? Good for it. Taught your dog to open the fridge? That's impressive. But is your dog so awesome it can pass off the coolest sign of solidarity that is the "biker wave"? Christine Sutton/YouTube



SCREENGRAB

Comments

RE: Intimate memoir aims to build trust: Trudeau, published online Oct. 20, 2014

Don't people usually write memoirs after they've actually done something in life? I think I'll wait for the movie.

BlindHorse, posted to metronews.ca

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SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on pages 17 and 18 in Scene, page 20 in Life and page 30 in Sports.

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DVD review



Snowpiercer

Director. Joon-ho Bong

Stars. Chris Evans,
Tilda Swinton

• • • • •

You couldn't ask for a better metaphor for hell on Earth than what Bong Joon-ho has wrought with *Snowpiercer*: constant forward momentum while getting absolutely nowhere, suffering all the while. That's the track and plight for the title train and its mostly miserable passengers: the poor multitudes in the back and the rich few in the front. All are condemned to circle the planet non-stop or risk freezing from a new Ice Age caused by mankind's own stupidity. The audacious Korean genre director behind *The Host* and *Mother* makes his grandest statement yet with this art house blockbuster, rich in visual and thematic imagery. It's a sci-fi thriller best described, without diluting the director's own brilliance, as a combination of the home-restoring quest of *The Wizard of Oz*, the dystopian class struggles of George Orwell novels and the grotesque characters of French fantasists Jean-Pierre Jeunet and Marc Caro. A star-studded international cast, topped by Chris Evans, Tilda Swinton, Ed Harris and Octavia Spencer helps make *Snowpiercer* a feast for the eye as well as the mind. You never know when someone famous will pop up. **PETER HOWELL**

Saldana's success has her singing sweet tunes

The Book of Life. Latest roles have actress priming her pipes and pondering a career change



NED
EHRBAR
Metro World News in Hollywood

Zoe Saldana could get used to this singing thing. She's been belting out tunes in films so often recently, *The Book of Life* star could even see herself launching another career.

In *The Book of Life*, Saldana gives voice to Maria, the feisty girl at the centre of a folklore love triangle between her two childhood pals: bull-fighter and guitar enthusiast Manolo (voiced by Diego Luna), and barrel-chested military hero Joaquin (voice by Channing Tatum).

Which suitor she chooses will determine the management structure of the underworld as squabbling gods La Muerte (Kate del Castillo) and Xibalba (Ron Perlman) vie for control of the Land of the Remembered.

Got all that? Oh, and the narrative is punctuated with mariachi-tinged versions of songs by Radiohead, Mumford and Sons and Biz Markie. Hence the singing.

For Saldana, coming off her long-anticipated Nina Simone biopic and this summer's *Guardians of the Galaxy*, breaking into song didn't feel so strange.

"I sang when I shot Nina,



Zoe Saldana voices the feisty Maria, who finds herself in the centre of a love triangle in *The Book of Life*. Scan this photo with your Metro News App to hear what producer Guillermo del Toro has to say about making this film. CONTRIBUTED

and I worked vigorously with an amazing voice coach. So by the time I started doing the sessions for *Guardians of the Galaxy* and we got to sing, it had been about a year so I just sort of remembered all those things."

What she remembered was telling herself it was OK to add another skill to her resumé, despite whatever reservations she might have had initially.

"It's amazing what you discover you're able to do once you really put your body and soul into a skill and you try

nothing but to master it," she says. "You discover a lot about yourself, that you can actually do something if you put your mind to it. I realized that I'm not as bad or as tone deaf as I thought I was."

The film is also a celebration of Mexican culture, envisioned by director Jorge Gutierrez and shepherded by producer Guillermo del Toro.

"I have to say that Guillermo was an amazing godfather for this project. He believed and he fought for Jorge to have his vision," Saldana says.

"You are dealing with the beauty of a culture that, even though we've been neighbours since the beginning of time — since the beginning of America — there is so little that we know. The Mexican culture is so beautiful."

As for what is ostensibly a kids' film focused on coping with death and the idea of the afterlife? Saldana doesn't think it's such a crazy idea.

"It's an educational tool. It will give parents the ability to have that tough conversation with their kids," she insists.

2 SCENE

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metronews.ca
Tuesday, October 21, 2014

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ariana seeks Miley's advice on celebrity life



NED EHRBAR
Metro in Hollywood



It's tough being a Disney Channel alum turned international pop star, mostly because there are so few people who really get what you're going through. Case in point: When Ariana Grande found herself feeling overwhelmed by nasty reports that she'd been caught swearing at her fans and that her life coach had quit on her, she had nowhere else to turn but Miley Cyrus. "I was upset and I contacted Miley. I said, 'Miley, I'm so sad — what do I do? This isn't true. My heart is broken, I feel so bad,'" Grande tells the Daily Mirror. "She was like, 'Girl, don't even look at it. Just be happy that you're blessed. You have family and friends that love you, you have fans that love you, who know what's true and what's not. It will blow over and, tomorrow, they'll be talking about something else.'" I'm going to go ahead and assume Cyrus delivered this advice while lying spread-eagle on the hood of a car, tongue sticking out. But still, it looks like Grande has already found a new life coach.

Avatar Secrets

Episode 6: Identity



In real life, Ramona heads to California, for Blizzcon, the gaming convention, and interviews players who have formed profound connections in the online world. "It's conceivable that a person might actually be more close to the person they're portraying in the virtual world than they are in the physical world," says John Seely Brown, author of The Gamer's Disposition. Scan this photo for a video of Seely Brown talking about what is "real."



COMMISSIONED BY TWO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Visit metronews.ca/avatarsecrets as we post daily chapters from Avatar Secrets.

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Notice of Hearing For Permanent Guardianship Order To Jason Elebo

Take notice that on the 31st day of October 2014 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Permanent Guardianship Order** of your child born on **September 7, 2012**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink
Calgary and Area Child and Family Services
Phone: (403) 297-2978



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There's no need to 'sweat it out'

Hyperhidrosis. There are ways to reduce excessive sweating and its embarrassing effects

IZABELA SZYDLO
life@metronews.ca

There's the type of sweat that occurs when you finish an intense workout, after a few bites of your favourite spicy dish or during a 40-degree heat wave.

Then there's the type of sweat that happens even when you're simply sitting at your desk, eating a sandwich or when temperatures dip and everyone else is pulling out extra warm socks.

Medically known as hyperhidrosis, excessive sweating affects almost half a million Canadians, according to a Leger survey.

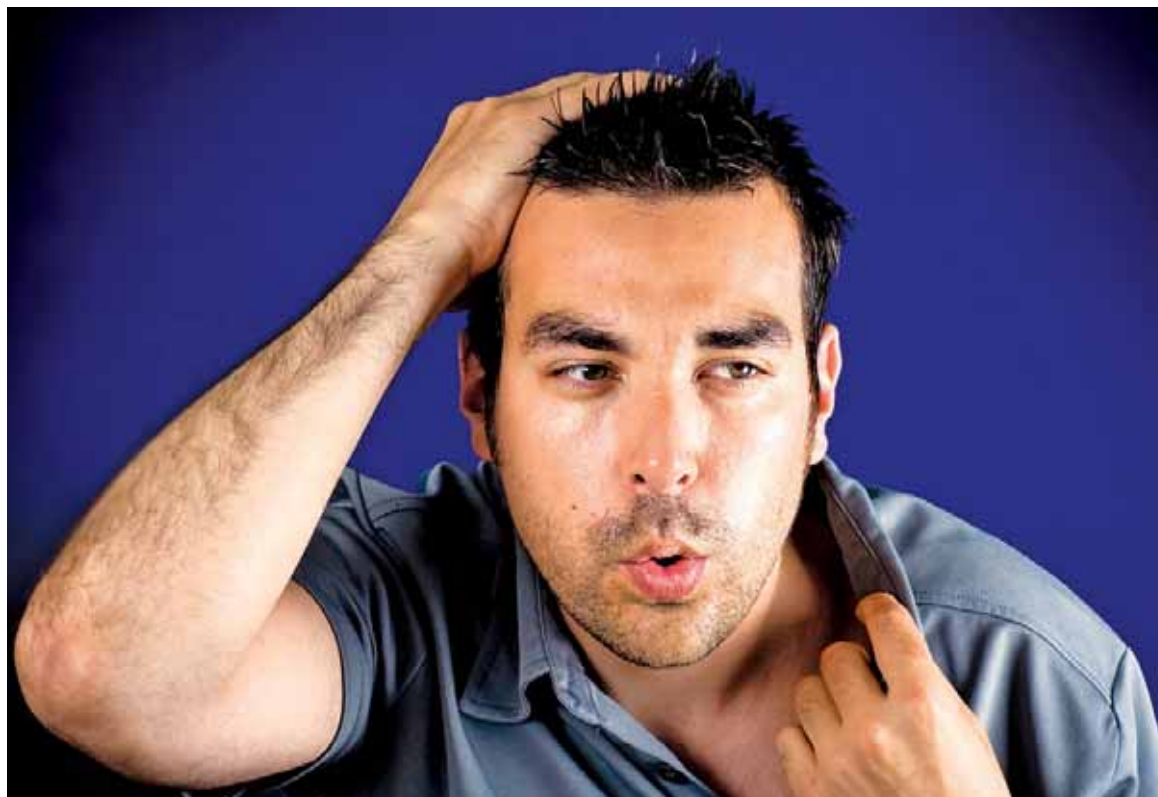
"If you have to worry about it, wear certain clothes, prepare for it, not do things because of it, then you're sweating too much," says Dr. Nowell Solish, the founder of Sweat Clinics of Canada, the first facility of its kind to specialize in treating excessive sweating.

Hyperhidrosis can occur anywhere, but most commonly affects the hands, feet, underarms, face, chest or back. Medical solutions depend on how bad the problem is and where it is occurring.

Solish says for the underarms he first recommends topical treatments such as antiperspirants and stronger aluminum chloride solutions, which are non-prescription but must be obtained from a pharmacist.

There are also a host of other options.

"If you're treating the underarm, Botox works extremely



There are several ways to treat excessive sweating, including topical treatments and Botox. ISTOCK

well with dramatic improvements in 95 per cent or more of patients. It lasts six to nine months," Salish says.

"Oral medications are better if you generally sweat, but the side effect is they will dry you everywhere, including your mouth and eyes."

For sweating of the hands and feet, Solish says a popular option is the use of an iontophoresis machine. It passes mild electrical currents down cables to treatment electrodes that are in trays of water. Placing hands and/or feet into the trays completes the circuit and allows currents to flow into the skin where they slow secretion

at the gland.

Solish says the most extreme solution is a surgery during which nerves in the spine that lead to sweat glands are cut. However, one side effect of the surgery is a patient may eventually start sweating in other places.

While Solish speaks freely about excessive sweating, another Leger survey found that more than half of Canadians say it is important to hide their sweating and nearly one in three are self-conscious about it.

"It's not the type of thing that comes up in conversation," says Solish. "I think

people know they're excessively sweating. I don't think they know it is a disease that can be improved."

Ceri Marsh, an etiquette expert and co-author of *The Fabulous Girl's Guide to Grace Under Pressure* and *The Fabulous Girl's Guide to Decorum*, says she isn't surprised by the study's findings.

"Whether fair or not, we read into sweat all sorts of things like lack of hygiene or nervousness," she says. "If it is that bad, it is worth looking into whether you have hyperhidrosis. In the meantime, there are other things you can do."

Marsh says practicing "sweatiquette" is being aware of how you're managing sweat. She says planning is the key to preventing embarrassing moments.

"If you're at school or work, you want to keep a clean undershirt or top with you that you can change into," she says. "Secondly, natural fibres will be a lot better for you than synthetics because they breathe and won't leave you feeling clammy. Dressing in layers also helps."

"Finally, you want to give yourself more personal space to respect social boundaries at events."

3
LIFE



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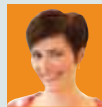


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The foodie wind, she is a blowin', and it is now all about access to hyper-seasonal.

The hyper-local trend has staying power as farmers markets continue to grow, and there is nothing like fresh fruits sold to you from the gnarly, hard-working hands of the people who planted, nurtured and picked them. What could possibly make you feel more connected to Mother Nature?

Layer that same feeling, now, into a modern world where exquisite foods can be flown across the country for all to enjoy, but with the caveat that the season is perishable.

This is a very different concept than the year-round access to pithy tomatoes or tasteless strawberries! The

hyper-seasonal trend is about here today, gone tomorrow but with an all-access pass.

One such food, which is also the new kid on the block, is the crisp and tangy-sweet apple Sweetango.

It is unlike any other apple you have tasted so far and well worth finding while the gettin' is good.

As Franco DiLiberatore, vice president of sales and marketing at Scotian Gold Cooperative in Nova Scotia shares, "We're really excited about the Sweetango hyper-season this year because, as a relatively new variety, this is the first time Canadians across the country will be able to find them."

Find these fruits of Eve and pair them with a perishable stout craft beer and some fresh cheese for your next party. Rounding up items from all over the world that are unique and slightly hard to find creates a "must attend" feeling. Your parties will be the ones on the block that everyone can't wait for... just like the apple season.

THERESA ALBERT IS @THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM

Apples star in an easy choose your own adventure recipe

Baked Apple Chicken.

This recipe will make a more fancy appetizer at your next party or a quick weeknight meal

There is something about the zing of an apple paired with the zest of goat cheese, and heft of thyme and rosemary that will make this simple, one-dish bake a go-to weeknight recipe.

If you have time, roll the breasts and pin them to cut into pinwheels for lovely appetizers. If not, slap them into the dish and in the oven in no time. The taste is the same, just the presentation is different.

1. Grate 1 Sweetango apple into bowl. Slice the remaining apple into thin wedges, drizzle with lemon and set aside.

2. Add yogurt, goat cheese, thyme, rosemary, pepper and garlic to grated apple, mix well.

Ingredients

- 2 Sweetango Apples
- 1/2 fresh lemon
- 3/4 cup plain Greek yogurt
- 3 oz goat cheese (chevre)
- 2 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp white pepper
- 1 clove garlic, minced
- 4 boneless skinless chicken breast halves
- 1 tsp extra virgin olive oil

3. Lay the chicken breasts onto the counter on a piece of plastic wrap, cover with a second sheet of plastic wrap. Pound with your fists or gently with a meat mallet to thin to a half-inch.

4. Drizzle oil into a baking dish. Place thin layer of apples into dish. (Be sure dish is large enough that they are not touching.)

5. Lay chicken onto apples and spread yogurt mixture on



This Sweetango Baked Apple Chicken recipe makes four servings. Use your Metro app to scan this photo for a video of Theresa Albert planning a party with hyper-seasonal foods. THERESA ALBERT

chicken breasts and then lay apple slices on top.

6. Cover with foil and bake at 400 F for 15 minutes, remove foil and bake for 5-10 more or until chicken is cooked through. Serve hot or chill

in fridge and serve cold with greens.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE COURTESY SWEETANGO

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LEARNING CURVE

Midterm madness

Determine your study style and tailor your learning around that

While the ideal time to start studying for midterms was when the semester started, for those who haven't quite kept up that pace, the key is to break study sessions into chunks, as opposed to doing a giant cram session.

It's important to be strategic when studying, so before cracking open a textbook, find out exactly what the midterm covers. For example, if the professor says it's the first three chapters of the textbook, dig deeper. Ask the professor if it's the entire three chapters, the case studies or something else.

"The more precise students can be, the more accurate their studying will be, so they won't waste time," says Mebbie Bell, learning resources facilitator with the University of Alberta's Student Success Centre.

Ideally, a study session for a particular subject shouldn't last any longer than two to three hours. Depending on what works best for the individual, throwing in some short breaks is probably a good idea.

How a student goes about studying should be tailored to their learning style, be it visual, auditory or kinesthetic. The problem is, many students don't know what their learning style is, but most institutions have a solution.

"There are so many supports and resources at all colleges and universities," says Diana McIntyre, the co-ordinator of the Student Academic Success Initiative at



SHUTTERSTOCK

"THERE ARE SO MANY SUPPORTS AND RESOURCES AT ALL COLLEGES AND UNIVERSITIES."

– Diana McIntyre, the co-ordinator of the Student Academic Success Initiative at George Brown College

George Brown College in Toronto.

Most institutions offer study tip seminars and one-on-one support to students to help them figure out their most effective

studying methods and learning styles.

For example, visual learners typically learn well when using pictures, graphs and diagrams. Auditory learners like listening to recordings and discussing subject matter. Kinesthetic learners typically like making notes, highlighting material and creating activities to help process information.

Try to use a mixture of the above methods when studying.

"Students learn best if they can learn the material in a few different ways," says Jillian Rankin, a counsellor at Mount Saint

Vincent University in Halifax.

For the studying to be effective, students also need to eat well, exercise, get a good amount of sleep and make time for social pursuits. This will allow them to better remember information and they won't feel as overwhelmed by the pressures of midterms.

Also, stick to regular routines. Research has found getting up a little early or staying up later to study has a negative impact on exam performance.

"Your brain loves predictability,"

Bell says. *– Richard Woodbury*



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Linking technology to communication

U of A program a unique look at connection

The University of Alberta faculty of extension master of arts in communication and technology (MACT) is unique in format and focus.

There are other communication degree programs within Canada, but U of A's program focuses on the connection that exists between communications and technology — and how they affect and impact one another.

"The MACT program was designed for working professionals who are busy working full time, but still want to pursue a graduate degree on a part time basis," says Eileen Crookes, with the communications and technology graduate program. "MACT was developed as a response to the need for a program of study that would build on the abilities of communications professionals to understand, manage and adapt in the ever evolving knowledge intensive workplace."

The MACT core curriculum includes courses in human communication, the social impact of digital media, organizational communications, strategic communica-

ADMISSION REQUIREMENTS

Like all graduate degree programs at the University of Alberta, there are admission requirements. To apply for this program, candidates must hold a four-year degree from a recognized university, a grade point average (GPA) of at least 3.0 on a four-point scale and at least three years of relevant professional experience. The application deadline is Dec. 1.

tions and research methods.

The format is a blend of face-to-face classes and fully online courses.

"Our format and curriculum have attracted students from across Alberta, Canada and even internationally from countries such as Russia, Brazil, the Caribbean and China," Crookes says. "We've found that this format works well as students can complete most of



CONTRIBUTED

the program from anywhere in the world, but they also have enjoyed and really valued interacting person-to-person during Spring Institute."

MACT graduates work in positions across the communications spectrum. Some examples are communications consultant and strategist, government, education, art and

design, public relations and marketing, but it goes well beyond those industries.

"Wherever there is an intersection of communication and technology — and there is a need to utilize both — that's where our graduates will usually be found," Crookes says.

For more, visit mact.ualberta.ca.





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CPA PROGRAM IS MORE THAN JUST A SET OF COURSES

Canada's chartered professional accountants (CPA) professional designation provides an unlimited career and the University of Lethbridge wants its CPA bridging students to be successful in getting there.

By providing quality instruction and preparation during the student's transition, uLethbridge is taking an opportunity to equip its students for success in the CPA PEP (professional education program).

"We are committed to developing a program that delivers more than a set of courses," says Sonya von Heyking, director, CPA bridging, uLethbridge. "I want CPAB to support our students in a way that is unique to their needs."

For Heyking, this includes developing a mentor program, directing students to career transition supports at uLethbridge and in their communities, and expanding access to funding like scholarships for part-time, non-degree students.

"Supporting our bridging students through their career change means recognizing and addressing their unique support needs and we're working hard to do just that," Heyking says.

This program does not require students to have prior management or accounting courses, or work experience to apply — the only prerequisite to the program is the applicant must hold an undergraduate degree in any discipline.

The program was designed as a direct route for students to obtain the courses required to apply to a professional accounting program, while continuing to work full time.

The length of the program is dependent on previous courses that a student has already completed.

Courses are delivered in a classroom setting with PhD-qualified academic staff and experienced accounting professionals.

Classes are available evenings and weekend in Calgary and Edmonton and during the day in Lethbridge.

There are two intakes a year for this program, with the next starting January 2015. Application deadlines apply.

Applications for this program are now being accepted and can be done online or in person on campus.

For more information about this program, visit uleth.ca/edmonton/cpa-bridging.



CONTRIBUTED

Concordia partnership gives full campus experience



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Access to assortment of amenities for uLethbridge students

The University of Lethbridge Edmonton campus offers students a unique learning opportunity for those individuals looking to further their professional development.

Located at the Concordia University College of Alberta campus (Alumni House, 7128 Ada Blvd.), uLethbridge students have the advantage of accessing the services of a large institution, while benefiting from smaller classes and more individualized instruction.

"Our partnership with Concordia provides our students with a full campus experience complete with a myriad of amenities such as state-of-the-art classrooms, labs, library, cafeteria, fitness centre, reading spaces, bookstore, and office space for students union," says Nicholas Lang'at Soi, manager, Edmonton campus, uLethbridge.

Through close collaboration with Concordia, uLethbridge Edmonton campus students can access several student services programs such as counselling, career and employment services, educational planning, volunteer opportunities, workshops and seminars on student professional development,

and resources on career planning. The small classes at uLethbridge Edmonton campus are a major attraction to students since it offers them closer interactions with both, faculty and students (average of 25 students per class).

The Edmonton campus offers the master of science in management, B.Mgt in general management, professional diploma in accounting, management certificate and CPA bridging.

"The general management program provides flexibility for students to take a variety of courses in their broader area of interest as well as those looking to customize their degree," Lang'at Soi says. "Students working towards a professional designation can tailor their program to their interests by picking courses from different disciplines, such as accounting and human resources."

The campus also offers minors in international management, social responsibility and supply chain management.

uLethbridge specializes in evening and weekend classes, allowing students to work during the days.

Most uLethbridge Edmonton campus students are working professionals and they bring with them opportunities for professional networking to their classmates.

For more, visit uleth.ca/edmonton.

ATTEND SCHOOL INFO SESSIONS

Once you have done your research online, picked out a few schools that you feel might be right for you, the next step is to check them out in person.

One way to do this is by attending an information session.

"Info sessions allow you to get the details you need to make an informed decision about your post-secondary education," says Kari Sackney, student communications co-ordinator, enrolment services, University of Lethbridge.

On Nov. 25, be sure to check out the information evening at the uLethbridge Edmonton campus to see if uLethbridge is the right choice for you.

This free session will be held at 7 p.m. at the Concordia University College, Alumni House at 7128 Ada Blvd.

Registration for the event can be made online or when you arrive.

On-the-spot admission will be available.

For more information about this information session, visit discover.ulethbridge.ca.

Hospitality institute ready for students

NorQuest College strives to offer programming that is accessible, affordable, and workforce relevant.

NorQuest College took that commitment to a new level earlier this month. Thanks to a generous gift from its namesake donor, NorQuest College officially unveiled the Edmonton Oilers Community Foundation Hospitality Institute.

The institute will be a hands-on training centre where students and current employees from across the province can develop leading-edge skills in a broad range of service industry disciplines.

These disciplines include guest services, safety, supervision, service industry operations, and event delivery.

Upon successful completion of this short term programming, a service industry skills certificate will be awarded.

This will enable graduates to be job-



CONTRIBUTED

ready when applying for entry-level work in the industry. Individual courses range from 12 to 30 hours. In some cases, students will have the option of face-to-face and online delivery.

And for those who need it, financial support is available. The Edmonton Oilers Foundation hospitality bursary will be available to up to 100 students a year and, in most cases, will cover the whole cost of tuition.

Don't wait. Registrations are now being taken and first classes will begin in January 2015. For more, visit norquest.ca

SOCIAL WORK: LEARN TO HELP YOUR COMMUNITY

Social work is a challenging and demanding profession.

"In today's society, individuals and groups often experience hardship due to social and economic inequity," says Dr. Anne-Marie McLaughlin, associate director, academic, central and northern Alberta region of the faculty of social work, University of Calgary.

"Social work has a dual responsibility to work for a more just society, while at the same time working with individuals and groups to identify their strengths and overcome barriers."

The faculty of social work at the University of Calgary (Edmonton region) offers high-quality, accredited programs that develop social work professionals to work in a wide variety of settings from hospitals and long-term care facilities, to non-profit, grassroots organizations.

"Our faculty have experience and expertise in a wide range of practice settings and are committed to meeting the needs of a diverse set of learners," McLaughlin says.

"Our program also has strong community connections that allow us to provide students with well supported field experiences that help build skills and prepare students for profession practice."



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The faculty of social work is accepting applications for both the undergraduate and graduate social work degree programs for the fall 2015 admission.

For more information about either of these programs, visit fsw.ucalgary.ca/central-and-northern-alberta.

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Thrive in your health-care studies

A traditional graduate program in public health focuses on providing the public health learning to students from other fields such as science, sociology or other health fields.

"Our program is focusing on those who are already working in health-care arenas that interact with public health directly or indirectly," says Dr. Karen McDonald, dean of graduate studies and program development, Concordia.

"As such, our courses are aimed at the

working professional rather than entry-level practitioners."

Concordia University College created the online graduate certificates in public health to provide health professionals with a way to enhance their competencies, maintain their professional accreditations, and earn a university credential at the same time as working in the communities they serve.

The certificates are based on the Public Health Agency of Canada core competencies for public health professionals.

"Our professors aim to provide students with the skills and tools they can use in the workplace right away," McDonald says.

"At present, we have certificates where the student can enhance their leadership or management skills, extend their knowledge in the area of vulnerable populations, or gain skills in strategic communication."

McDonald also says there will be a fourth certificate coming soon in the area of health-risk management.

For more, visit concordia.ab.ca.

Computer-aided drafter program now offered online

Digital School Technical Design College has expanded its curriculum to now offer the computer-aided drafter program entirely online, making it more convenient for individuals to get trained for the high demand field of computer-aided design (CAD).

"Our complete computer-aided drafter program is now available online and, therefore, accessible to students across the province and even the globe," says Charles Jarvis, general manager of Digital School.

With the ability to take this program from the comfort of your own home, or from anywhere, this training can meet the current industry demand for these types of trained professionals.

"Alberta's booming construction and oil industries have created a huge demand for computer-aided drafters and designers," Jarvis says. "Digital School graduates are finding lucrative careers as drafting and design professionals."

Digital School offers CAD training where students are able to complete diploma programs in less than a year.

CAD courses include computer-aided drafter certificate, architectural CAD technician diploma, and engineering CAD technician diploma with process piping specialization. Digital School also offers the most up-to-date BIM (building information modelling) training.

With classes starting every three months it's always the right time to enrol at Digital School.

The next intake is January 2015 and applications are now being accepted.

For more information about Digital School, visit digitalschool.ca.



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Apply by March 1, 2015

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To learn more about admission routes and programs, please review our website and attend an information session.

fsw.ucalgary.ca/fswcentralandnorth



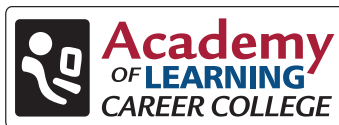
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HELPING WITH STUDENT DEBT

Almost 60 per cent of students believe they will graduate with debt, according to the latest Student Finances Poll from Royal Bank of Canada. But it may come as a surprise to learn that both parents and students believe they each have a responsibility to help pay for it. And equally revealing — their expectations are aligned.

Parents believe they should pay for 64 per cent of their child's student debt, while stu-

dents believe they, themselves, should cover 63 per cent of their debt.

Knowing who is paying the bill is only half of the battle. There are also a number of things that students can do to manage their student debt and pay it down as efficiently as possible.

UNDERSTAND THE REPAYMENT TERMS OF YOUR LOANS. Before you start tackling your student debt, it is important to

understand the details of repayment, including the monthly payment amount, duration of payments and any grace periods.

TAKE ADVANTAGE OF TAX CREDITS AVAILABLE TO STUDENTS. While tax credits for tuition, education, textbooks and interest on paid government student loans are "non-refundable," they will help reduce the total amount of taxes you owe. — *News Canada*



NEWS CANADA PHOTO



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Help people experience their dream vacations

People spend months, sometimes years, planning their dream vacations and trips, so when they arrive at their destinations, guests want the experience of which they have dreamed.

Academy of Learning Career College offers training to turn these expectations into reality through the hotel and tourism management studies diploma.

"This program meets the needs of Alberta's tourism trade and aligns them with our tourism industry," says Charles Jarvis, general manager, Academy of Learning Career College.

This program prepares students for a rewarding career in hospitality management.

Whether it is as a hotel manager, reservation clerk, resort co-ordinator, or food and beverage manager, it takes a well-trained, charismatic, and outgoing individual to help ensure the best experience of any guest — from the vacationer to the business traveller.

The program is 34 weeks in length and the curriculum is taught based on the American Hotel Lodging Association.

With continuous intakes at Academy of Learning Career College, there is no need to wait until January to get started on the career path of your dreams.

Academy of Learning is Canada's largest network of career colleges and students can earn their diploma in less than a year, which means they can be career-ready much sooner than many other institutions.

For more information, visit academyoflearning.ab.ca.



BUILD YOUR WOODWORKING SKILLS

Explore your interests and build your woodworking skills with NAIT part-time fall course offerings. Choose from a variety of short, hands-on, do-it-yourself courses including Woodworking for Women, Finish your Basement, Hand Tools and Woodworking Skills. NAIT's flexible learning pathways include day, evening and weekend delivery options. Whether you are looking at home improvement, want to develop new skills or just exploring a new hobby, you'll find your fit at NAIT.

Hand Tools [ICABM110]

Oct 25 - Nov 1 Sat 8:00 AM - 2:30 PM
Fee: \$270

Wood Working Skills [ICABM145]

Oct 28 - Dec 9 Tues & Thu 6:15 - 9:15 PM
Fee: \$500

Woodworking for Women [ICABM151]

Nov 1 - Dec 6 Sat 9:00 AM - 3:30 PM
Fee: \$500

Finish Your Basement - Spray Booth Workshop [HOME151]

Nov 1 Sat 8:00 AM - 2:30 PM
Fee: \$175

Table Saw [ICABM108]

Nov 15 Sat 9:00 AM - 4:00 PM
Fee: \$190

Finish Your Basement - Plumbing [HOME130]

Dec 6 & 7 Sat & Sun 8:00 AM - 3:30 PM
Fee: \$310

Finish Your Basement - Electrical [HOME120]

Dec 13 & 14 Sat & Sun 8:15 AM - 4:15 PM
Fee: \$395

For the most current information and listing of all part-time courses visit nait.ca/ConEd. Enrol today.

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AN OUNCE OF PREVENTION

It's cold and flu season and time to arm yourself with some prevention strategies.

The cold includes the sniffles and generally infects your nose and throat, says Glenda Hubley, a registered nurse in Sault Ste. Marie, Ont. The flu, on the other hand, can affect your respiratory track and cause complicated breathing issues. It often causes aches and pains everywhere, too.

How can you protect yourself from catching one or the other?

- Good handwashing habits is the golden standard for both cold and flu protection. Wash your hands frequently to wash away germs. Wash with soap and water, using the lather to wash the front and back of hands and in between fingers and under nails for at least 15 seconds. Then rinse under warm running water and dry with a clean towel. Use alcohol-based hand cleaners if soap and water are not available.
- Be sure to teach everyone in the family to wash their hands properly. Don't use a common hand towel when someone is sick. Launder towels in the house everyday when someone is sick.
- Germs spread when people with a cold or flu cough, sneeze or talk. If you have to cough, cough into your sleeve or a tissue.



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"What you don't want to do is cough onto your plate of food or your fork," Hubley says.

- Be conscious of what you are doing with your hands during cold and flu season. "Do not touch your mouth, then touch your face and touch the food you eat," Hubley says.
- The Centers for Disease Control and Prevention recommends keeping your im-

mune system strong by eating healthy foods, getting regular activity, and getting adequate sleep. A person is constantly exposed to germs in public and it's how their immune system deals with the germs that determines whether or not they will get sick.

- Clean and disinfect surfaces or objects that a lot of people touch in the house such

FLU SHOT HELPS

Health organizations including Health Canada and the U.S. Centers for Disease Control and Prevention say the best way to prevent the flu is to get the flu vaccine each season.

According to Health Canada, the flu vaccine will help protect you if you are exposed to the virus, help stop you from getting very sick, and help prevent you from passing the virus on to others.

For information, talk to your health-care provider, pharmacist or local health unit.

The Public Health Agency of Canada (phac-aspc.gc.ca) provides more information about the flu shot.

as doorknobs, light switches, TV remotes, telephones, and keyboards.

- Don't smoke. WebMD reports that heavy smokers get more severe colds and more frequent ones.
- Take some time to relax. Relaxation is thought to help rev up your immune system.

— Ylva Van Buuren

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Keep your immune system strong

Along with cooler temperatures, fall also ushers in cold and flu season; tens of thousands of Canadians will soon be coughing, sneezing and feeling under the weather.

"The key to staying healthy during this time of year is to focus on prevention," says Sherry Torkos, a pharmacist and author of *The Canadian Encyclopedia of Natural Medicine*. Torkos also offers tips on her website, sherrytorkos.com.

There are many effective prevention strategies.

"Most important of all is maintaining a strong immune system," Torkos says. "That way, your body will fight off an infection before it gets out of control and makes you sick."

Perhaps the most popular immune booster is echinacea purpurea. In 2012, scientists at

the Cardiff University School of Biosciences completed the largest clinical study on echinacea purpurea in history, using A. Vogel's Echinaforce®, a proprietary extract obtained from fresh organic, GMO-free plants. The study found that this particular preparation of echinacea effectively enhances the immune system and reduces the incidence and duration of cold symptoms.

Based in part on this finding, Health Canada approved Echinaforce® for both prevention and treatment of cold and flu, and deemed it safe to take regularly up to four months, making it a great and natural way to stay healthy this winter.

Distributed in Canada for more than 50 years, A. Vogel products are sold in 30 countries worldwide.

No charges yet

Voynov banned over domestic violence suspicions

The NHL suspended Los Angeles Kings defenceman Slava Voynov indefinitely Monday after the two-time Stanley Cup winner's arrest on suspicion of domestic violence.

Voynov was booked and released at the Redondo Beach jail after his arrest early Monday morning at a Torrance hospital on suspicion of corporal injury to a spouse, Redondo Beach police Lt. Joe Hoffman said. The 24-year-old Russian defenceman posted \$50,000 US bail.

Craig Renetzky, the lawyer representing Voynov, told The Associated Press that Voynov hasn't yet been charged with a crime. His next court date is Dec. 1, Renetzky said.

THE ASSOCIATED PRESS

2018 World Cup

Russia on schedule with building of soccer stadiums

Russia is avoiding Brazil's mistakes.

That was the message as FIFA inspectors completed their tour of the arenas Russia is building for the 2018 World Cup — no delays here.

While Brazil's World Cup passed off largely smoothly, its build-up was dominated by the rushed finish to stadium construction and, even during the tournament itself, some stadiums were still unfinished and forced to deploy temporary seating and facilities.

THE ASSOCIATED PRESS



Lightning strike stands in way of Oilers' first win of season

Lightning forward Jonathan Drouin, left, who was making his NHL debut, fights through a check from the Oilers' Matt Hendricks at Rexall Place on Monday night. The Oilers entered the matchup with a record of 0-4-1. For the result and story, go to metronews.ca.

AMBER BRACKEN/THE CANADIAN PRESS



Players sue CHL, millions at stake

Players fees. Class action claims league pays less than minimum wage

A class-action lawsuit against the Canadian Hockey League alleges its players are underpaid and seeks millions in financial compensation.

The suit claims players have been paid less than the minimum wage and asks for \$180 million in back wages, overtime and vacation pay, as well as punitive damages.

The lawsuit is the latest labour shot across major junior hockey's bow. An attempt to unionize major junior players stalled in 2012, but Canada's largest private-sector union, Unifor, expressed interest in July in representing the players in the future.

A statement of claim filed last Friday in Ontario court alleges that if players want to participate in these leagues, they must sign contracts paying them a weekly fee between \$35 and \$125 per week with no set hourly wage, overtime, vacation or holiday pay. The lawsuit cites OHL players,

saying they devote 35 to 40 hours a week to a team and receive \$50 on average.

None of the allegations have been proven in court.

The crux of the lawsuit isn't whether the players are professional or amateur.

"The big question is whether the players are employees within the meaning of minimum-wage legislation across the country versus an independent contractor," said Toronto lawyer Ted Charney, who is representing the players. "If the judge hearing the class action decides they're employees, in my opinion,

there is a breach of legislation across the country."

CHL commissioner David Branch counters the players are neither employees nor independent contractors.

"They're amateur student-athletes," Branch said in an interview Monday.

Charney disagrees.

"It's hardly an amateur league," Charney said. "The league is in the business of making profits, which they do, significant profits off the services provided by the players, who get basically zilch in terms of services."

THE CANADIAN PRESS

4 SPORTS

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Contenders hoping rest reigns over rust

World Series. Giants, Royals try to harness good from an unusually long October layoff

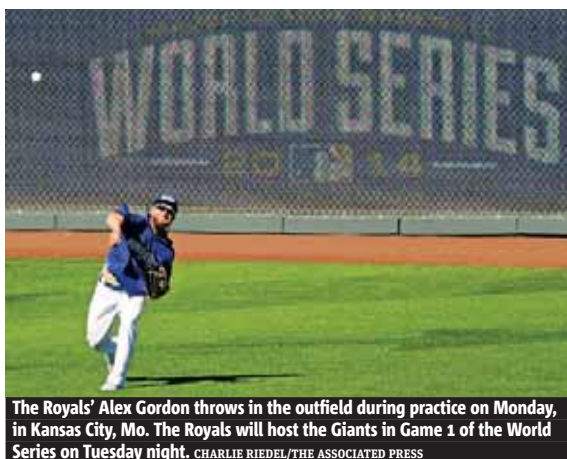
Alex Gordon took a big rip at a batting-practice fastball, fouled it off badly into the cage, and ducked when the carom nearly hit him in the head.

Gordon let out a huge laugh, and so did a bunch of his Kansas City Royals teammates watching Monday's workout.

"I can't believe that just happened, dude," pitcher James Shields razed.

Going into Game 1 on Tuesday night at Kauffman Stadium, both teams will deal with a familiar issue this deep in the post-season: Does an extended layoff translate into rest or rust?

Buster Posey and the Giants zipped through the playoffs, and now will try for their third title in five years. Lorenzo Cain



The Royals' Alex Gordon throws in the outfield during practice on Monday, in Kansas City, Mo. The Royals will host the Giants in Game 1 of the World Series on Tuesday night. CHARLIE RIEDEL/THE ASSOCIATED PRESS

and the Royals zoomed along, reaching the Series for the first time since 1985.

Then, they all got some time off. Almost an eternity, by October standards.

The Royals went 8-0 in the AL playoffs, giving them five

idle days before Shields starts the opener. San Francisco went 8-2 on the NL side and had four days to relax before Madison Bumgarner pitches.

"It's definitely different because we have played so many games over the last 7-1/2, eight

months. But you just understand it's one of those things," Posey said.

As recent history has shown, hitters can be very vulnerable when they get out of rhythm.

"It affects a bit your timing, especially when trying to adjust to pitchers," Kansas City second baseman Omar Infante said.

The slightly favoured Giants and the Royals held practices, studied video and checked out scouting reports. But as several teams that stumbled in the World Series after long breaks discovered, nothing can duplicate playing a real game.

Triple Crown winner Miguel Cabrera and Detroit got nearly a week off in 2012, then the Tigers hit a combined .159 and totalled six runs in getting swept by the Giants.

Troy Tulowitzki and the Colorado Rockies rushed into the 2007 World Series, waited a week and got outscored 29-10 in Boston's sweep.

THE ASSOCIATED PRESS



Bouchard bears beating

Canada's Eugenie Bouchard fell to Romania's Simona Halep 6-2, 6-3 in Monday's opening night of the WTA Finals in Singapore. Scan the image with your Metro News app for more coverage from Singapore. CLIVE BRUNSKILL/GETTY IMAGES



NBA pre-season

Irving sets the tone in Cavs' win over Chicago

LeBron James was the star attraction but Kyrie Irving stole the show with 28 in the Cleveland Cavaliers 107-98

win against the Chicago Bulls in an exhibition game Monday night at Ohio State.

Irving had 20 points in the second half. James had 18 points in 31 minutes in his first game in Columbus since moving this summer from the Miami Heat. Derrick Rose led Chicago with 30 points.

THE ASSOCIATED PRESS

8 SECONDS IS ALL HE NEEDS

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EVENT**

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Don't try to work out the best way to tackle a difficult situation, just do what feels right now. Fate will guide you in the right direction.

♉ Taurus

April 21 - May 21

The approaching eclipse marks either a turning point or a point of no return. Which it is depends on your attitude. What goes out of your life over the next few days you really no longer need.

♊ Gemini

May 22 - June 21

You cannot escape your commitments but you can make life easier for yourself by taking a more active interest in the events of everyday life.

♋ Cancer

June 22 - July 23

Pluto in your opposite sign of Capricorn is testing how strong your friendships and relationships are. What happens this week makes clear who you can trust, and love.

♌ Leo

July 24 - Aug. 23

You know what needs to be done and you know it must be done now. So get your act together and get moving — then don't stop.

♍ Virgo

Aug. 24 - Sept. 23

You are about to embark on a highly positive phase. There is every reason to feel optimistic about the future — well, your future anyway — so cheer up.

♎ Libra

Sept. 24 - Oct. 23

You can continue to deny you have a problem but that won't make it go away. The planets urge you to face what needs to be changed in your life.

♏ Scorpio

Oct. 24 - Nov. 22

You need to put minor disagreements behind you so you can see new possibilities. Everything will change over the next few days. Will it change for the better? That depends entirely on you.

♐ Sagittarius

Nov. 23 - Dec. 21

Have allowed your mind to get stuck in a rut? The only person who can make things fresh and exciting again is you.

♑ Capricorn

Dec. 22 - Jan. 20

You have to make a decision that affects the lives of friends and family and loved ones. Think carefully before making your move — then act decisively. The universe is behind you all the way.

♒ Aquarius

Jan. 21 - Feb. 19

You don't have to start again from scratch with nothing. What you need to make your life happier is right there in front of you.

♓ Pisces

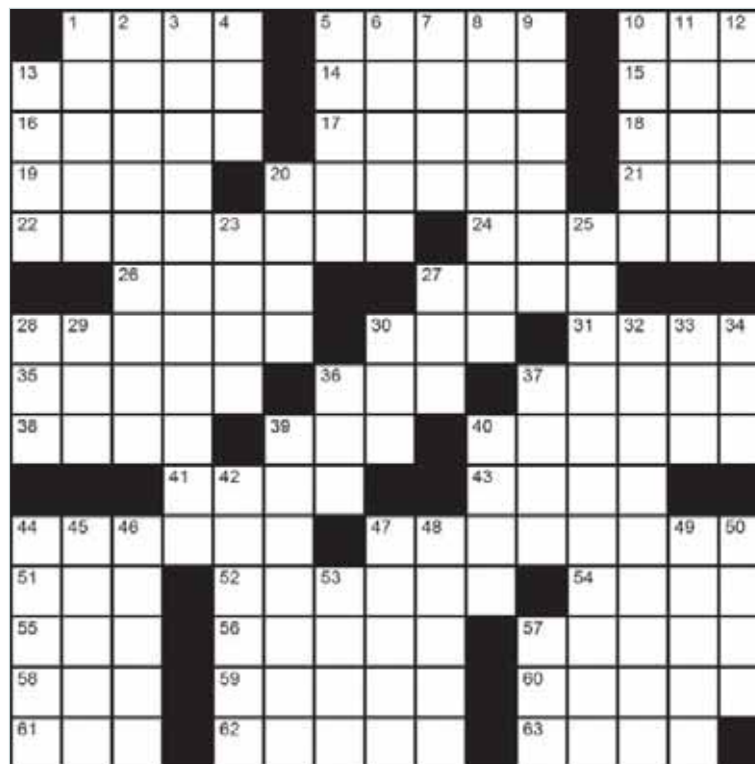
Feb. 20 - March 20

The most important thing today is that you believe in yourself 100 per cent. All things are possible, for you anyway.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. MLB officials
5. Wings hit: "___"
10. "___ Day": Hit by #24-Across
13. Don a dress for fit: 2 wds.
14. Shampooing direction
15. ___ trip
16. Q. "What did you have for breakfast?" A. "___ of cereal."
17. ___ Sketch
18. Toronto-born Senator Mr. Eggleton
19. Rate
20. "If this ___ leather, I don't want it." ...said the vegan purse purchaser
21. Look
22. Bewitch
24. Canadian singer/songwriter Daniel
26. Certain cloud
27. Late comedian Richard
28. Margarine-in-a-container amount
30. Possessed
31. Recipe amt.
35. Modern English's "___ With You"
36. Dr. Vivienne ___, retired Canadian Senator
37. Brit pop group, ___ 7
38. Mackerel sort
39. "Hee ___"
40. Composer George M.'s
41. Quash



43. Federal org. concerning broadcasting
44. Bob __ (Premier of the N.W.T.)
47. Comment giver
51. Everybody
52. Ms. Fanning
54. Latin hymn: "Dies ___"

55. Excessively
56. Andes animal
57. New Zealand language
58. Brick foliage
59. White-plumed heron
60. ___ Barkley, President Truman VP

61. Mr. Beatty
62. Guitarist's highlights
63. Secondhand

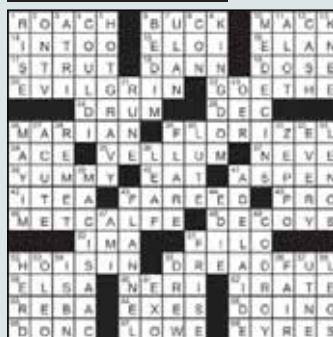
Down

1. "___ Cowboy" (1980)
2. Claire Holden Rothman book, a 2014

- Governor General's Literary Awards finalist: 2 wds.
3. Celine Dion song, with The, that goes "The whispers in the morning...": 3 wds.
4. Lorne Michaels' gig
5. Street type, briefly

6. Bishop's hat
7. Without repetition
8. ___, like Mont-real's 1976 Summer Games stadium
9. SNL alum Kevin
10. Scary creature
11. Think alike
12. Adorer
13. Record
20. Global, briefly
23. Stuck in ___
25. Salem's historic happenings: 2 wds.
27. T.O. baseballer
28. ___-Tac-Toe
29. Apricot-like Japanese fruit
30. In what manner?
32. 1991 movie about a Jesuit priest in New France: 2 wds.
33. Daylight giver
34. TV network
36. Rocket launch site
37. Marsh bird
39. 2004 Viggo Mortensen horse flick
40. Shania Twain trophy, e.g.
42. Lots and lots
44. Montreal 'morning'
45. Garlic segment
46. Architect, Frank ___ Wright
47. Shakespeare title guy
48. States: French
49. Dog-___
50. Harness
53. Mr. Malden
57. Egyptian ___ (Cat breed)

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

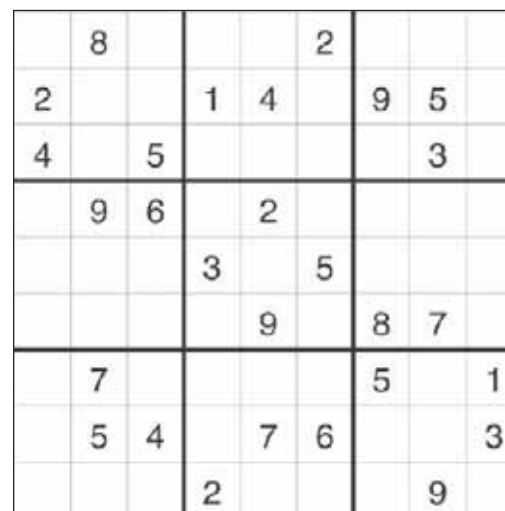


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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